

## Covid Reminders and Procedures

Everyone must follow these procedures while in the Rec Center. We are allowing a little grace, but repeated violations will result in removal from the meet and the BGSU Rec Center.

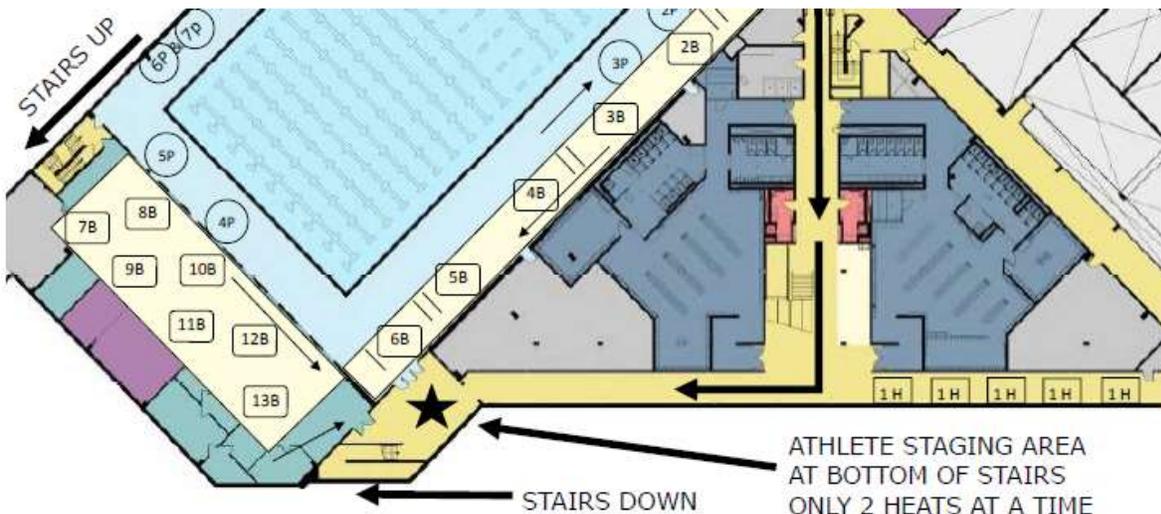
Everyone in the building is expected to wear a mask at all times, except for swimmers while in the pool or preparing to swim.

We recommend each swimmer bring a zip-lock bag or Tupperware container to put their mask in while they swim. You can also put a small towel in there to dry your face before putting your mask back on.

Everyone is expected to stay six feet apart as much as reasonable. Orange stickers are on the floors and in the seating areas in the bleachers.

Everyone entering the building must have a signed waiver, including Athletes, Coaches, and Volunteers. Coaches should bring athletes waivers and their own waivers to check-in for the first session the team competes. Volunteers should bring them to the meet and turn them in at volunteer check-in.

**STAGING AREA.** All athletes need to go to the staging area before every event. (Yes, even the 15 & Overs) The staging area is at the bottom of the stairs. From the pool deck, go past the locker rooms and turn right. From the bleachers, use the Stairs Down.



Only 2 heats at a time are allowed in the staging area, 1 heat for relays. Wait at the top of the stairs or line up in the long hallway. DO NOT REPORT EARLY.

### Swim Event Process:

Heat 1 will be on the blocks

Heat 2 will stand behind the cones which are behind each lane.

Heat 3 will stand just outside of the staging area on the pool deck.

Heats 4 & 5 will gather in the staging area.

Each heat will move forward at the start of each race.

Fly-over starts will be used except for backstroke and relays to allow swimmers to clear the area before the next heat steps forward.